

** Calendar subject to change without notice to promote membership wellness. **



Canadian Mental Health Association
Muskoka - Parry Sound

Addictions and Mental Health Services



South Muskoka COI Drop-in August 2019

MONDAYS & WEDNESDAYS
1:00 to 3:30 PM

TRINITY UNITED CHURCH,
290 Muskoka Road North

We are a self-help, peer-run initiative for people who live with mental health issues. We provide peer support, skills teaching and recovery education.



CONTACT:

Linda Watt, Initiative Coordinator
Cell: (705) 205-5601
Tel: (705) 645-2262, Ext 1603

Valerie Kitchen, Program Manager
1-866-829-7050, Ext 4228

Call by 10:30 am if transportation is required to attend the drop-in

**We are a Scent Free Zone,
please no perfume, cologne or
after shave.**

SUN	MON	TUE	WED	THU	FRI	SAT
For the week of August 26th, call by 10 AM for transportation Valerie 1-866-829-7050, Extension # 4228 Remember if you call the taxi directly, YOU pay the bill!				1	2	3
4	CLOSED	5	6	7	8	9
		Members Pay Lunch @ Pizza One				10
11	12	13	14	15	16	17
Tickle Trunk		Outdoor Activities @ Gull Lake Park BB members coming!				
18	19	20	21	22	23	24
Members Meeting & Calendar Planning		CLOSED				
		IC Meeting				
25	26	27	28	29	30	31
Movie Day With Val		Music & Movement With Val				

**Walks are always on
the calendar ...
weather permitting!**

